

COMPETITION LEVELS - explained

Level 5 – training to win

TYPE OF EVENT	RUN BY
Seniors	National (English/British)
GB International meetings	FINA Grand Prix Circuit and major LEN & FINA meetings
For divers who are capable of performing the FINA senior list of dives, regardless of their age group. The UK's leading divers compete at this level Nationally, for the opportunity to be selected for the lottery funded Junior Olympic Programme and the Junior International competition circuit. Selections are also made for the Senior Grand Prix Circuit and all major LEN and FINA events.	

Level 4 – training to compete

TYPE OF EVENT	RUN BY
Elite Juniors	National
GB International meetings	CAMO, Aachen, Junior Europeans, Junior Worlds and more
Regional Senior Championships	Regions
For divers who are able to perform the FINA list of divers required for their age group, to a satisfactory level (see standard scores for a guide). The UK's leading Juniors dive at this level Nationally, for the opportunity to be selected for the lottery funded Junior Olympic Programme and the Junior International competition circuit.	

Level 3 – Training to train

TYPE OF EVENT	RUN BY
Age Group Finals	Regional/National
Invitational meets	Leeds, Plymouth, Southampton, Luton
Minor international club meetings	Holland, Belgium, Austria, Barcelona, Palma and more
Aimed at divers who want or need the challenge of putting together a more comprehensive dive "list", possibly from 2 or 3 different board heights. Also aimed as a stepping stone for those looking to perform at Elite Junior level.	

Level 2 – Learning to train

TYPE OF EVENT	RUN BY
Skill Development	Club/County/Region
Skills Finals	County/Region/National
Invitational meets	Bradford, Leeds, Southampton, Edinburgh, Harrogate and more
Aimed at divers taking the next step to competitive participation – to compete at this level, divers should have passed their Level 3, stage 3 award.	

Level 1 - FUNdamentals

TYPE OF EVENT	RUN BY
Skill Development	Club/County/Region
Flip 'n' fun	Club/County/Region
Aimed at divers who are no longer beginners & who are aiming to develop more complex skills, up to and including ASA Awards Level 3, stage 3.	

Level 0 – FUNdamentals

TYPE OF EVENT	RUN BY
Flip 'n' Fun	Club/County/schools/Learn to swim
Aimed at schools and low level "Learn to Dive" participants, encompasses ASA awards, up to Grade 2, level 2.	